

# Welcome to Ellicott City 50+ Center



9401 Frederick Road  
Ellicott City, MD 21042

**Main Building Front Desk**  
**410-313-1400**

Main Building Hours

Monday - Friday

8:30 am - 4:30 pm

**50+ Fitness Center Front Desk**  
**410-313-0727**

50+ Fitness Center Hours

Monday - Thursday

8:30 am - 8 pm

Friday 8:30 am - 4:30 pm

Saturday 8:30 am - 12 pm

## Center Email

[ellicottcity50@howardcountymd.gov](mailto:ellicottcity50@howardcountymd.gov)

## Newsletters Online

[www.howardcountymd.gov  
/ellicottcity50](http://www.howardcountymd.gov/ellicottcity50)

## Volunteer Website

[www.hocovolunteer.org](http://www.hocovolunteer.org)

## Facebook

[www.facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

## On-Line Resource Guide

[www.custommediaoptions.com/  
digital/hocoresourceguide2017](http://www.custommediaoptions.com/digital/hocoresourceguide2017)

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July, August & September, 2019

## Getting the Most Out of Your Membership

**Tuesday, September 24**

**12:30 pm**

Come learn about some of the hidden services available to Center participants. Hear about MAP and SHIP services, Caregiver Support options, the Loan Closet, Connections Social Day programs, fitness and nutrition offerings as well as the Center and it's Council. Be sure to attend this informative program to make sure you are taking advantage of the opportunities and resources available to you in Howard County. Sign up at the Front Desk.

## The History of Jewelry

**With Elyse Zorn Karlin**

Those who love history or have a mad eye for jewelry will love these fascinating presentations on the History of Jewelry. Elyse Zorn Karlin, journalist, freelance museum curator, jewelry historian and past president of the American Society of Jewelry Historians will keep you captivated with her vast knowledge. Seating is limited, sign up today.

**Wednesday, July 31 at 11 am**

Out of this World!

Jewelry in the Space Age

**Wednesday, August 14 at 11 am**

Jewelry of Selected

American First Ladies

**Thursday, September 26 at 11 am**

Those Crazy Victorians' Jewelry  
and Clothing



## Brain Builders

**Third Monday of the Month**

**10:30 am**

The newest B-Game may prove to be the most inspiring game yet! Join **Reb Orrell**, Google Certified Master Photographer and winner of over 3,600 photography awards, as he challenges your brain with images that will tap the far reaches of your memory. These brain games will engage both recognition and recall processes. Give your brain a fun work-out. Free; sign up at the Front Desk.

# General Information

## Meet the 50+ Center Staff

<b>Director</b>	Cindy Saathoff
<b>Assistant Director</b>	Vicki Stahly
<b>Fiscal Technician</b>	David Irwin
<b>Fitness Coordinator</b>	Michelle Rosenfeld
<b>Nutrition Specialist</b>	Amy Williams
<b>Registrar</b>	Jodi Bargamian
<b>Registrar</b>	Rodney Payen
<b>Registrar</b>	Michelle Resig
<b>Utility Worker</b>	Dominick Collins

## Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join Ellicott City 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few guidelines to ensure all members' rights and needs are respected.



- ◆ Members must be independent and be able to navigate the Center. Those who need assistance must have a qualified companion or aid with them.
- ◆ Members must be able to function in the Center without one-to-one assistance or supervision from staff.
- ◆ May not use language or behavior that is obscene, abusive, loud or insulting.
- ◆ May not harass or discriminate on the basis of race, sex, age, national origin, religion, disability or sexual orientation.
- ◆ Must maintain hygiene standards that do not constitute a health or safety hazard to others, or are offensive to others.

To obtain a full list of guidelines, please request a copy at the front desk.

## Meet the Connections Staff

<b>Connections Director</b>	Felicia Stein
<b>Connections Asst. Dir.</b>	Joyce Nagel-Mortell
<b>Connections Assistant</b>	Jill Rose

## Connections Social Day Program

**Monday-Friday  
10 am-2 pm**

The **Connections Social Day Program** is located within the main building of the Ellicott City 50+ Center. This supervised four-hour program is licensed and promotes a balance of well-being, self-reliance, socialization and independence of adults who may require some assistance with daily activities.

The Connections Social Day program features activities that include seated exercise, music, entertainment, creative arts, trivia, stories, memory enhancement activities, educational programs and more. Members enjoy a morning snack and a nutritionally balanced lunch.

Participants can choose the days they wish to attend and bus transportation can be arranged for a small fee. This is a fee-for-service program for eligible individuals. The cost of the day program is determined by the participants income; a sliding scale is available to Howard County residents.

Connections Social Day Programs can also be found at Glenwood and North Laurel 50+ Centers. For more information or to schedule a visit, please contact Felicia Stein at **410-313-1425**.

## Transportation Options

Members are responsible for their transportation to and from the Center. One transportation resource available is through Regional Transit Agency/RTA Ride. To use this option, riders must be certified. For certification, reservations and cancellations please call the RTA Customer Service Line at **1-800-270-9553** or visit the RTA website at [www.transitRTA.com](http://www.transitRTA.com) for more information.

# General Information

## Membership Registration

Membership to a Howard County 50+ Center is required to attend or register for any class, program or activity. Membership is free for those age 50+ who have completed an application packet. Once membership is obtained, it is valid at all Howard County 50+ Centers. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.** Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

## Scan In



Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

## Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

## Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

## Newsletter by Email

Stay informed and up to date by getting our program information delivered right to your electronic device inbox. Sign up at the Front Desk to be added to the Center Newsletter Email Constant Contact List.

## Meet the Center Council

<b>President:</b>	Gigi Rammling
<b>Vice President:</b>	Marian O'Byrne
<b>Secretary:</b>	Dorothy Biller
<b>Treasurer:</b>	Joe Strassner
<b>Members at Large:</b>	
Bill Amos	Carla Buehler
John Green	Marilyn Hartsell
Sajda Ilyas	Clark Jones
Nancy Miller	Mark Shimshak

## Center Council Notes

Greetings from your Council. We hope your summer is off to a fantastic start. May you enjoy a season of relaxation and renewal with family and friends. Please reserve some time for the wonderful activities offered at the Center.

Our summer fundraiser will be the White Elephant sale from August 20-23. We welcome your donations of household items that you no longer need but that are still in good usable condition. Please bring them to the Fitness Center on Monday August 19 & Tuesday morning, August 20. No books or clothing will be accepted for this sale.

We hope you found some wonderful items at our May Book Sale. All the proceeds from our events go toward programming at the Center. Your support is essential and very much appreciated.

Our first Meet and Greet was a fun time that allowed for conversation and refreshments for those who were able to come by. As always, we would like to hear from you with your ideas and thoughts about our Center. We are available through our email address.

**Email:** [ellicottcity50pluscouncil@gmail.com](mailto:ellicottcity50pluscouncil@gmail.com)

**Upcoming Center Council meetings:**  
**July 8, August 12 and September 9**  
**at 1 pm. All are welcome.**

# Center Services



## **Lunch**

**Monday-Friday  
12 Noon**

Lunch is available for persons 60 years and older, and their spouses, regardless of age. Voluntary anonymous contributions are requested from eligible participants. The full cost of a regular meal is **\$4.48** and **\$5.95** for special meals. Members between the age of 50-59 years old are welcome to participate and must pay the full cost of the meal.

The monthly menu is available at the Front Desk. To join us for lunch, please sign up at least **3 days in advance** in the reservation book located at the Front Desk. Please call **410-313-1400** to cancel your lunch reservation.

## **Coffee Service**

**Monday-Friday  
9 am-1 pm**

The Center offers coffee service in the Great Room every morning. A donation box is provided and your contributions are greatly appreciated.

## **Nutrition Consultation**

**Wednesday, August 14 at 1:15 pm  
Wednesday, September 18 at 1:15 pm**

Carmen Roberts, RD, LDN, is available for individual consultation sessions to answer questions you may have about your diet. Three 20 minute appointments are available each month. Pre-register at the front desk.

## **Blood Pressure Screenings**

**Tuesdays**

**9 am-12 noon**

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked to avoid serious health conditions. Marie Ball, RN. *Sponsored by Howard County General Hospital.*

## **Medicare Counseling (SHIP)**

**Wednesday mornings or  
Thursday afternoons**

Meet with a trained counselor for help with your Medicare questions. This free service is available to Medicare beneficiaries of any age and their families/caregivers. To schedule an appointment, call **410-313-7392**.

## **Personalized Easy Technology**

**Thursdays**

**Between 1-3 pm**

**30 minute appointments**

Getting hung up on today's ever advancing technology? Need a little one-on-one time to ask questions that pertain to your specific problem? Schedule a free 30-minute appointment by signing up at the front desk in the main building. A lap top computer is available for use during this consultation. Should your question concern a different type of electronic device, please bring it with you to the appointment.

## **Howard County Police Department**

**Thursdays at 11:30 am**

**July 11, August 15, September 19**

Welcome Clifton Macer, of the Howard County Police Department, who will be available to discuss current safety tips and fraud prevention. Find out about community concerns and scams.

## **Americans with Disabilities Act Accommodations**

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event.

# Center Services

## **B Games**

**Monday**

**10:30-11:30 am**

Drop in for an hour of entertaining game action! Engage in team play for Brain Busters to see if your trivia knowledge reigns supreme, test memory recall through pictures or create words from a set of jumbled letters. A guaranteed hour of friendly fun.

<b>Brain Busters</b>	July 8	Aug 12	Sept 9
<b>Brain Builders</b>	July 15	Aug 19	Sept 16
<b>Boggle</b>	July 22	Aug 26	Sept 23

## **Picture This**

**Tuesday, September 24**

**11 am**

**30 minute appointments**



It's time to "develop" a better relationship with your camera! Do you have a digital camera that you find confusing or do you own a smart phone, and haven't figured out how to take pictures with it? Sign up at the front desk for a free 30-minute appointment for help with your digital SLR camera or your smart phone. Bring whatever picture-taking device you have to the appointment.

## **Cribbage Club**

**Mondays**

**11 am**

A new Cribbage Club has formed, drop in and join the fun. The objective of this card game, designed for two to four players, is to play so that the value of the cards played reaches exactly 15 or 31. Play or learn this exciting game!

## **Play Chess**

**Tuesdays & Thursdays**

**10 am**

Like to play or looking to learn? Join instructor and chess enthusiast, Gene Crawford, in the Center's Great Room as he provides basic fundamentals on this fascinating game. This is also the perfect time to drop by and play a game or two with fellow chess players.

## **Book Club**

**Wednesday, July 24 at 1 pm**

The group will discuss "*The Chilbury Ladies Choir*" by Jennifer Ryan.

**Wednesday, August 28 at 1 pm**

The group will discuss "*Beartown*" by Fredrik Backman.

**Wednesday, September 25 at 1 pm**

The group will discuss "*Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*" by David Grann.

## **Genealogy**

**with Bill Amos**

**Wednesday from 10 am-12 pm**

Held in the 50+ Fitness Center

**July 10 - The Love Story:** This is a case study which shows how valuable family information is uncovered, not by leafing through dusty old family records, but by tapping into today's popular websites such as Google, Facebook, Spokeo, and ZabaSearch.

**August 14 - Abstracting and**

**Transcribing Records:** Photocopiers, scanners, digital cameras, flash drives and printers are wonderful tools. They make it easy to reproduce genealogical documents and records so we can take them home and study them at our leisure.

**September 11 - Kinship and Cousins:**

Kinship is the socially recognized relationships between people in a culture, who are either biologically related such as cousins or given the status of relatives by marriage, adoption, or other rituals. So what is the difference between a first cousin, first cousin once removed and a second cousin?

## **Needlework Club**

**Wednesdays**

**1-3 pm**

Knitters, crocheters, fabric crafters and others come together to share their talents. Drop in on this fun and ageless group who happily share fellowship and friendly conversation.

# Center Events

## **Blue Plate Special**

Exciting things are happening in our kitchen!  
Once a month, we offer a special Blue Plate



lunch option. Check the menu or a Blue Plate flier for the exact selection, as it changes each month. It may be a fixed price or lunch by donation. Reservation with payment is required one week in advance.

**Wednesday, July 3 at 12 noon**

July 4th Cookout food followed by:

**All-American Trivia Contest**

**Thursday, August 22 at 12 noon**

Luau Lunch followed by:

**Square Dance Demo**

**Monday, September 23 at 12 noon**

Fall Chicken plate followed by:

**Tim Amann on guitar and vocals**

## **Grief Connection**

**Wednesday, July 3**

**Thursday, August 1**

**Thursday, September 5**

**1:30 pm**

The challenges of moving forward after loss are real. Join others who are going through similar issues and together work on the self-care that will help you heal and move forward. Ed Kaplan, hosts the Grief Connection monthly meetings. This group is open to all, regardless of the time frame of the loss.

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## **Free Hearing Screenings**

**Tuesday, July 9**

**9 am-12 pm**

Dr. Mary Carson will be available to conduct free hearing screenings. Appointments are 15 minutes in length and pre-registration is required. Slots fill quickly. Come find out what your ears have been missing.

## **Tasty Tidbits**

**Tuesday, July 9**

Frozen Fruit Pops—Healthy or Not?

**Tuesday, August 13**

I Scream for Ice Cream

**Tuesday, September 10**

Tater Talk

**10 am**

Our Nutrition Specialist, Amy Williams, prepares a different tasty tidbit each month, complete with nutritional information and/or recipes. Stop by the lobby in the main building and whet your appetite with something new and healthy!



## **Fresh Conversations**

**Wednesday, July 10**

Ancient Grains

**Wednesday, September 11**

Sinfully Sweet

**10 am**

Stop in for food, fun and friendly conversation to help you maintain your health and independence. Registered Dietitian Karen Basinger from the University of MD Extension Service, joins us to conduct an interactive presentation on a relevant nutrition topic. Free.

**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

# Center Events

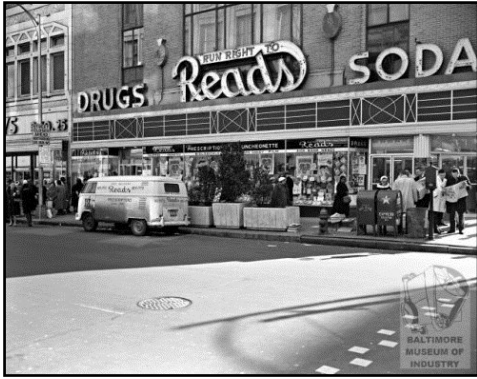
## **Baltimore Museum of Industry**

**Thursday, July 11**

Held in the 50+ Fitness Center

**1 pm**

### **Baltimore at Mid-Century: The 1950s**



The 1950's in Baltimore largely reflected the changes occurring nationwide. Baltimore rebuilt, restored,

revised and occasionally endured a series of changes that forever changed the fabric of the city. This unexpectedly dynamic decade made lasting, fundamental changes to the way people lived, where they lived, how they moved in and around their environment and to many of the places they gained employment. From the early "crisis" in absorbing returning veterans and their families then being created to the way those new families would seek entertainment and recreation, Baltimore would be a far different place in 1959 than it was in 1950.

## **Home Improvement Tips**

**Tuesday, July 16**

Home Improvement Overview

**Tuesday, August 13**

Replacement Windows and Doors

**Tuesday, September 17**

Roofing and Siding

**11 am**

Join local home improvement contractor, Skip Conrey, as he provides helpful hints on how to keep the value in your home. Feel free to bring your questions with you.

**Dinosaur Mystery Exhibit presented by:  
Jack Heiss**

## **Dinosaurs 101**

**Wednesday, July 17**

**Wednesday, August 21**

**Wednesday, September 11**

**1 pm**

Jack Heiss previously worked at the Maryland Science Center and brings his knowledge of dinosaurs in three consecutive programs this summer. Jack will offer discussions and videos by professional scientists and paleontologists.

**July's topic** will include the formation of earth and its' age, how the dinosaurs and other life form fossils are found all over the world, and how the scientific community determines what it knows.

In **August**, Jack will cover the different features of sauropods and theropods as they roamed earth 130 million years ago until they all died, 66 million years ago. He will also present how a paleontologist discovered live tissue in a 68 million year old leg bone and the dinosaurs' gender.

For **September's** third part of the Dinosaur series, Jack will discuss the Western Interior Seaway.

He will follow the discussion with a video of the fully intact mummified Dakota

dinosaur, its discovery and excavation.



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# Center Events

## **Target Your Real Estate Needs**

**Thursday, July 18**  
**Thursday, August 8**  
**1 pm**

Join Kim Caspari, Realtor, J.D., M.B.A. in **July** as she explores, "Title to Your Home: Considerations when your life circumstances change." Do you know how title is held to your home? Have your circumstances changed that prompt a review of the title? She will review ways to hold title in Maryland, the most common ways to hold title are as sole owner, joint tenancy, tenants by entirety and more. Other concerns that affect title are estate planning and possible creditor claims on one of the title holders. Staff will be onsite staff to review public records for your deed and any recorded mortgages.

In **August**, Kim will expand on the hottest Smart Phone apps available for health, real estate and other lifestyle needs. It is recommended to have your phone password with you for downloading apps.

## **Travel Talks**

**Friday, July 19**  
**Friday, August 30**  
**Friday, September 20**  
**1 pm**

Hear travel ideas and learn about opportunities to travel in a local group. Why travel alone when you can find a travel buddy? Join independent travel consultants, Debbie Richmond and Andy Lunt, as they help you navigate your next excursion.

## **Ask the Pharmacist**

**Monday, July 22**  
**Monday, August 26**  
**Monday, September 23**  
**11 am**

Don Hamilton, P.D., Consultant Pharmacist, provides the latest updates and important information about your medications. Bring your questions, your drug lists, or your prescription containers to confidentially discuss your medication concerns.

## **Kangaroo Kids Perform Live**

**Monday, July 22**  
**12:30 pm**

Kangaroo Kids is a precision jump rope team from Howard County, Maryland. Their rope jumping is choreographed to contemporary and traditional music, where every foot jumps in unison and every rope hits the floor simultaneously. This unique combination of exercise and dance is enjoyable to perform and exciting to watch.

## **Recycle Program**

**Tuesday, July 23**  
**11 am**

Know before you throw; are you recycling right? Come learn about what can be recycled in Howard County! Program presented by Gina Bonomo, Recycling Coordinator of Howard County Environmental Services.

## **Carroll County Cloggers**

**Thursday, July 25**  
**12:30 pm**

The Carroll County Cloggers are the longest running active clogging group in Maryland. They are a non-competitive contemporary group who do line dancing that does not require a partner. Contemporary clogging today is less improvised and more complicated than the simple folk dances done in our early history. Some new influences come from multiple styles of dance such as tap, Canadian step dancing, Irish hard shoe, even street dancing and hip-hop. Come out and enjoy this lively afternoon of dance.



**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

# Center Events



Looking for local authors, historians, story-tellers, history buffs and the like for a new program starting at the Center. If you would like to share your craft or story with the local community, please contact Vicki Stahly for additional information **410-313-1421**.

## **Bingo/Pizza**

**Friday, July 26**

**Friday, August 30**

**Friday, September 27**

**10:30 am**

**Bingo \$5/Pre-register for pizza by donation**

The Center Council invites you to a morning of Bingo followed by a pizza lunch. The grand prize is generously provided by the ECity 50+ Council. You can take part in either activity but if you plan to stay for lunch, please sign up one week in advance with your suggested donation for pizza of \$5.95. Bingo is always the last Friday of each month!

## **Monthly Movie**

Held in the 50+ Fitness Center

**Monday, July 29**

*Christopher Robin (Bring the grandkids!)*

**Monday, August 26**

*Boss Baby*

**Monday, September 30**

*Black Panther*

**1 pm**

Mark your calendars and join us for an afternoon movie. We may not have the reclining seats or the calorie rich popcorn, but we've got some great featured films! Join us!

## **Bunco Party**

**Monday, July 29**

**10:30 am**

It's a simple dice game that will keep you moving and laughing even on a Monday morning! The more players, the more fun. Prizes will be awarded at the end of the hour. Seating is limited, sign-up in advance.

## **Performance PT**

**Thursday, August 8-The Knee**

**Tuesday, September 10-Low Back Pain**

**11 am**

**The Knee:** A quick glimpse into the anatomical structure of the knee, common injuries and what is involved in knee replacement surgery. Flexibility screen to follow program.

**Low back pain:** Learn how to help and prevent it. Good sense practices to maintain the health of your spine. Get exercise handout with instructions and visual demonstration and clarification from the therapist.

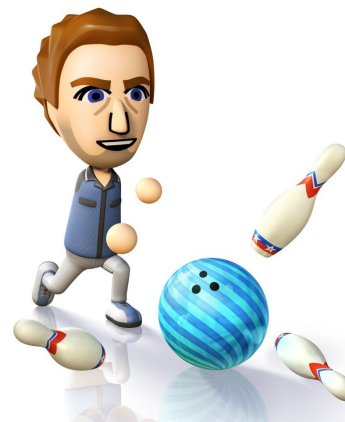
## **Wii Bowling Tournament**

**Practice Round: Friday, August 9**

**Tournament: Friday, August 16**

**10:30 am**

Think your strikes and spares can win the crown? Test your virtual bowling skills by



signing up to compete in the Center's summer Wii bowling tournament. Warm up with a practice round before tourney action. Medals awarded to the top 3 finishes! Limited enrollment, sign up today.

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# Center Events

## ***Mission: Nutrition!***

**Wednesday, August 14**

GMO-What Does It Mean?

**Wednesday, September 18**

Eating for Brain Health

**12:15 pm**

Explore new areas of nutrition with registered dietician, Carmen Roberts. Why not sign-up in advance for lunch and then enjoy a lunch and learn regarding some of the most current nutrition topics.

## ***Baltimore County Senior Swing Band***

**Thursday, August 15**

**12:30 pm**

Step back in time, relax and get ready for an afternoon of music featuring the sounds of Benny Goodman and the Glenn Miller Bands, plus more! This is the Swing Band's debut at the ECity 50+ Center. Come out and show your support.

## ***Fitness: There's an App for That***

**Tuesday, August 27**

**11 am**

Learn about new apps that are available on your Smartphone for fitness, nutrition and wellness. The program will get you more comfortable searching and utilizing all the technology that is available for self-management of your health and wellness needs.

## ***A Moment to Honor***

**Thursday, August 29**

**10:30 am**

In recognition of Grief Awareness Day, we gather to honor those who have touched our lives and are no longer with us, including beloved pets. The program includes a brief presentation, quiet reflection, live music and a commemorative activity. Free and open to all, light refreshments served. RSVP to Elaine Widom, **410-313-7353** by August 26.



## ***Real Estate Tips***

**Thursday, September 12**

**1 pm**

Get tips to on how to get the best price when selling your home. One of the biggest challenges is knowing what buyers are looking for. Learn how to appeal to them with low-cost, big-impact sprucing up that will get you the highest price for your home. Tips gathered from long-time homeowners on the best ways to declutter and donate years worth of items.

## ***Baltimore Museum of Industry***

**Thursday, September 12**

Held in the 50+ Fitness Center

**1 pm**

### ***A Mill on the Patapsco: The Rise, Operation and Decline of Sparrows Point***

Today the Bethlehem Steel Sparrows Point Steel Mill is but a memory, remembered by many with a degree of fondness. There is a history of a place long known as "The Point", its people, its community, the company that employed them, and the impacts that all of this had over time. The great, the good, the not so good; the happy and the sad; the successes and failures of a business that dominated a region and many thousands of lives for over a hundred years.

## ***Vladimir Marinich presents***

### ***Russian Art History***

**Wednesday, September 25**

**1 pm**

Russian art of the late 19th and early 20th century is equal in quality to that of the western impressionists and post-impressionists, and very few people know about it because Russia has been historically a closed society and its art has hardly ever been loaned out to western museums. BUT, now you will see some of it - magnificent landscapes, seascapes, portraits, and so much more. Come and experience the beauty of Russian art!

**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

# Center Classes

## ***Beginner Bridge Class***

This class is targeted to new players who want to learn basic bridge concepts. Students will learn about the game in general, scoring, suit ranking, point count, quick tricks, opening bids, responses, reaching the best contract as well as play of the hand. Mark Shimshak, ACBL Life Master, Instructor.

**Thursday**  
**September 5-26**

**1-3 pm**  
4 classes for \$43  
(A02498.401)

## ***Intermediate Bridge Class***

Held in the 50+ Fitness Center

This class is intended for people who currently play bridge and who are looking to improve. Go beyond such basics such as the Stayman and Blackwood Conventions to more advanced systems. Class includes lessons on defensive strategy, including signaling; bidding techniques such as negative doubles, Michaels cue bids, and responses to opponents "no trump" bids; and tips on how to play your hands in competition based on vulnerability or when trying for masterpoints. There will be opportunities for mentored playing and bidding throughout the course.

**Tuesdays**  
**August 20-September 10**

**1-3 pm**  
4 classes for \$43  
(A02499.401)

## ***Spot Energy Healings***

**Wednesdays**

**Appointments begin at 2:15 pm**

**\$10 for 15 minutes**

Spot energy healings are specific to each person, focusing on areas of the body which need the most attention. Whether you need pain relief, a calm and quiet mind, a relaxed body, or need to feel more energized, these 15-minute spot energy healings can make a big difference.

All Spot Energy Healings are done fully clothed, and seated in a chair by Sharon Sirkis, RN, Certified Energy Healer. To make an appointment call, **410-730-1986** or email **sirkisprice@verizon.net** For medical issues, please consult your personal physician.

## ***Mah Jongg Instruction***

Class is designed for beginners who wish to get an overview of how American Mah Jongg is played. Participants will receive instruction about the tiles, play practice hands, and learn how best to play the tiles dealt to them. No Mah Jongg set or cards required. Ellen Laupus, Instructor.

**Thursday**  
**July 11-August 15**

**10:30 am**  
6 classes for \$69  
(A02900.400)

## ***Healthy, Happy Hands***

**Monday, July 8 and 22**

**Monday, August 12 and 26**

**Monday, September 9 and 23**

Appointments begin at 11 am

**\$20 for a 30 minute appointment**

This is a stress free, hand rejuvenation treatment, designed to help you relax, soften and improve skin tone and texture. Beverly Anderson will demonstrate how to use natural ingredients, along with your selection of your scented or unscented oils for your hand massage. Hand massage can help relax your senses, increase circulation, alleviate arthritis pain and more.



## ***Piano or Vocal Lessons***

**By appointment with Diane**

**\$37 per lesson**

Looking to improve your pitch or play a tune on the ivories? Private piano and voice lessons are offered at the Center. Students are responsible for purchasing music books and materials. Please direct all questions to the instructor, Diane Waslick at **410-978-9974**.

## ***Ukulele or Guitar Lessons***

**Tuesdays By Appointment with Ray**

**\$37 per lesson**

Sign up to get one-on-one instruction with Ray Forton, in either guitar or ukulele. Beginners, casual and professional players are all welcome. Students are responsible for bringing in their own instrument. Please call the front desk at **410-313-1400** to schedule your lesson.

# Center Classes

## **Card Crafting with Diane**

### **Birthday and Autumn themes**

All level paper crafters will enjoy creating handmade greeting cards. A \$3 supply fee per class is due to the instructor on the day of class. Register one week prior to the start of class to assure supplies. Diane Messick, Instructor.

**Friday** **1:30-3:30 pm**  
**July 19** (A02503.400)  
**September 20** (A02503.401)  
\$10 (+\$3 supply fee) per class

## **Line Dancing**

Stay in shape by learning to dance at a comfortable pace....step by step! Dance to country, rock and roll, Latin and Broadway music. Both men and women welcome. Ellen Laupus, Instructor.

**Monday** **1 pm**  
**July 8-September 16** 10 classes for \$74  
No class: 9/2 (A02426.401)

## **Beginner Watercolor Class**

Ever thought about dabbling in watercolor? Try this new class that offers opportunities to learn the basics of watercolor. No previous experience is necessary; you too can paint!

**Thursday** **1-3 pm**  
**July 18-September 19** 10 classes for \$85  
(A02501.401)

## **Intermediate & Advanced Watercolor Class**

Master the fundamentals of drawing, shapes, values, textures and design. Learn how to use different tools and materials to create a natural landscape.

**Friday** **10 am-12 pm**  
**August 2-30** 5 classes for \$53  
(A02500.400)

**Wednesday** **10 am-12 pm**  
**Sept 18-Nov 20** 10 classes for \$85  
(A02500.401)

**Friday** **10 am-12 pm**  
**Sept 20-Nov 22** 10 classes for \$85  
(A02500.402)

## **Brain Training**

Explore with Speech Language Pathologist, Julie Rowlett, on ways to increase your brain health! Focus on individualized techniques & strategies, and participate in engaging games and exercises that will strengthen essential cognitive processes. Review resources and tools to exercise your brain, and keep yourself intellectually active!

*Module - Memory*

**Tuesday** **10 am**  
**September 17-October 8** 4 classes for \$43  
(A02622.401)

## **Square Dancing**

Join in this modern western square dance class and learn the basics from Bruce Simper, a square dance caller for over 35 years. He has called on the steps of the US Capitol and at 33 national square dance conventions. Possibly the most enjoyable way to exercise both your mind and body! No experience or partner needed!

**Tuesday** **3 pm**  
**September 3-24** 4 classes for \$31  
(A02410.401)

## **Howard Community College Continuing Education Classes**

Held in the 50+ Fitness Center

**Forgeries, Fraud & Felonies in the Art World**  
Tuesday, September 17-October 8  
2-4 pm

### **Onward! Transcendence**

Thursday, September 19-October 24  
10 am-12 pm

### **Flourish! Journaling**

Thursday, September 19-October 24  
1:30-3:30 pm

### **The Tomb of Nefertari and the Valley of the Queens**

Wednesday, September 25-October 2  
1-3 pm

Classes are held at Ellicott City 50+ Fitness Center. All registration is done through the college, and online at [www.howardcc.edu](http://www.howardcc.edu). For additional information, contact HCC directly at **443-518-1000**.

# Pay by Session Exercise Classes



## **Qi Gong 1**

Rooted in Chinese tradition, Qi Gong is a series of gentle movements synchronized with breathing that promotes energy movement through the body. These movements improve health, well-being and are the foundation of Tai Chi.

**Friday** **10 am**  
**July 12–September 20** 11 classes for \$62  
(A02406.401)

## **Qi Gong 2**

In this class enjoy the quiet stillness found within gentle movement, meditation, & breath work with less instruction as provided in Qi Gong 1. Qi Gong 2 is a continuing class for those who have previously attended at least 2 full sessions of Qi Gong 1.

**Friday** **9 am**  
**July 12–September 20** 11 classes for \$62  
(A02406.402)

## **Better Balance**

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Those participants 60 years of age and older can contribute up to the full cost of the program, to ensure program viability. Those participants under age 60 pay the fee listed below. A pre-screening is required by calling Malarie Burgess at **410-313-6073**. Internet registration NOT available for this class.

**Tuesday & Thursday** **10 am**  
**July 9–September 19** 22 classes for \$70  
(A02413.401)

## **Functional Fitness**

Take a class that gives you a work-out to be better prepared for real life situations. Train specific muscles to help you do every day activities safely and efficiently. Focus on stretching, balance, and muscle tone.

**Friday** **11 am**  
**July 12–September 20** 11 classes for \$47  
(A02425.401)

## **Agewell Seated Aerobics**

This seated aerobics class covers warm up and stretching exercises. It also includes the use of hand weights and improves overall balance. A great choice for those looking for a workout from a seated position.

**Tuesday & Thursday** **9 am**  
**July 9–September 19** 22 classes for \$59  
(A02403.401)

## **Chair Yoga**

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility and balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being. Bring a non-slip mat to place under your chair.

**Monday & Wednesday** **10 am**  
**July 8–September 18** 21 classes for \$89  
(A02421.401)  
No class: 9/2

## **Foundations of Exercise**

Learn basic functional exercises either seated or standing to help increase joint flexibility, range of motion and muscular strength. Proper technique within your limitations is emphasized so you can better reach your fitness goals.

**Tuesday & Thursday** **12 pm**  
**July 9–September 19** 22 classes for \$93  
(A02404.401)

## **Seated Strength**

Explore a variety of strengthening and functional stretching exercises designed to increase range-of-motion, strength and endurance. Strength training helps increase muscle mass, metabolism and strengthens bones and joints. Weights, bands, and tubes may be used sitting or using the chair as support.

**Monday & Wednesday** **12 pm**  
**July 8–September 18** 21 classes for \$89  
(A02408.401)  
No class: 9/2

**Registration for Summer classes opened on Friday, June 7, 2019.**

**Registration for Fall classes will open Friday, September 6 at 8:30 am in-person & on-line.**

# Pay by Session Exercise Classes

**Register early! Classes in progress may be full. Inquire at the front desk.**  
**All classes are scheduled to run between 45 and 55 minutes in duration.**

## **Exercising with Arthritis**

Class is designed to help those who have joint and/or muscle problems related to arthritis. Work towards the goal of improved joint mobility, muscle strength and endurance in order to improve performance of daily activities.

**Friday** **12 pm**  
**July 12-September 20** 11 classes for \$47  
(A02402.401)

## **Flex, Stretch & Move**

Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective tissue as well as improving joint mobility. Class offers seated and standing option. Bring a mat to place under your chair.

**Tuesday & Thursday** **1 pm**  
**July 9-September 19** 22 classes for \$93  
(A02434.401)

## **T'ai Chi Chih**

Experience a moving meditation which is much easier to learn, remember, and practice than other forms of Tai Chi. The soft and gentle separate moves can help reduce stress and regulate blood pressure and improve balance memory and sleep. Can be done seated. Progressive class; late enrollment not advised.

**Wednesday** **1 pm**  
**July 17-September 18** 10 classes for \$57  
(A02429.401)

## **Balance "4" All**

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength, which together add up to safe and active living.

**Monday & Wednesday** **2 pm**  
**July 8-September 16** 20 classes for \$85  
No class: 9/2 (A02405.401)

## **Active Adult**

It's time to use it, not lose it! Get moving in this great class that will start you off with a cardio warm-up and then transition you into strength training. Conclude class by working on core balance and strengthening. No one loses in this class, instead you'll use it all. *Class content requires high level of independent balance ability.*



**Monday & Wednesday** **3 pm**  
**July 8-September 16** 20 classes for \$85  
No class: 9/2 (A02407.401)

## **Barre & Balance**

This class takes Balance 4 All to the next level. Improve balance, flexibility, posture and strength using a barre, resistance tubing, discs, hand weights and pilates balls. Increase your overall balance and help reduce risk of falling and/or fall-related injuries.

**Tuesday & Thursday** **2 pm**  
**July 9-September 19** 22 classes for \$93  
(A02409.401)

## **Agewell Aerobics**

Classes held in the 50+ Fitness Center. Learn basic cardio combinations in an easy to do format, burn calories, increase cardiovascular endurance, tone, build lean muscle tone and bone density. End each class with strength exercises and stretches.

**Tuesday & Thursday** **1 pm**  
**July 9-September 19** 22 classes for \$59  
(A02400.401)

**Tuesday & Thursday** **2 pm**  
**July 9-September 19** 22 classes for \$59  
(A02401.401)

**When registration first opens, in-person registration service is provided by lottery draw.**  
**Those who arrive after 8:30 am receive higher draw.**

**For walk-in or phone-in, we accept registration for those residing in your household.**

# 50+ Fitness Center

The Ellicott City 50+ Fitness Center is available to help put you on the path to lifelong fitness. It can be found directly across the parking lot from the main 50+ Center building.



**\$75/year County Resident**  
**\$100/year Non-Resident**  
**\$5/daily Drop-in Fee**

This package is offered in collaboration with Recreation and Parks. It provides more locations for your 50+ work-out. It includes unlimited use of the fitness equipment rooms at:

## **50+ Fitness Center Lobby Hours:**

Monday thru Thursday 8:30 am-8 pm  
 Friday 8:30 am-4:30 pm  
 Saturday 8:30 am-12 pm  
**410-313-0727**



- ♦ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ♦ Passes are established from the date of purchase.
- ♦ Refunds are not provided.
- ♦ Room key fobs must be returned to the front desk before you leave the 50+ Fitness Center or a \$10 replacement fee will be charged.

## **Fitness Equipment Room EXPANDED HOURS Schedule**

Day	Available Time
<b>Monday</b>	<b>Open: 8:30 am-8 pm</b>
<b>Tuesday</b>	<b>Open: 8:30 am-8 pm</b>
<b>Wednesday</b>	<b>Open: 8:30 am-8 pm</b>
<b>Thursday</b>	<b>Open: 8:30 am-8 pm</b>
<b>Friday</b>	<b>Open: 8:30 am-4 pm</b>
<b>Saturday</b>	<b>Open 8:30 am-12 pm</b>

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. A complimentary equipment orientation for those interested in learning how to properly use each piece of equipment is offered. Orientation is free with prior sign-up at the Fitness Center front desk.

Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Your cooperation is appreciated.

### **Elkridge 50+ Center**

6540 Washington Blvd, Elkridge 21075  
 Mon, Wed, Fri 8:30 am-4 pm  
 Tue & Thur 8:30 am-8 pm and Saturday 8:30 am-12 pm

### **Ellicott City 50+ Fitness Center**

9411 Frederick Rd, Ellicott City 21042  
 Mon-Thur 8:30 am-8 pm  
 Fri 8:30 am-4:30 pm & Sat 8:30 am-12 pm

### **Gary J. Arthur Community Center**

2400 Rte 97, Cooksville 21723  
 Mon-Sat 7 am-9 pm & Sun 9 am-6 pm

### **North Laurel Community Center**

9411 Whiskey Bottom Rd, Laurel 20723  
 Mon-Sat 8 am-9 pm & Sun 9 am-6 pm

### **Roger Carter Community Center**

3000 Milltowne Dr, Ellicott City 21043  
 Mon-Friday 6 am-10 pm  
 Sat 7 am-10 pm & Sun 7 am-9 pm

## **Personal Training**

Looking for one-on-one inspiration or a work-out tailored to fit your needs? Sign up for Personal Training. A physical assessment will occur during the first session. See a flier for complete details on this service.

**Half hour session = \$45**

**Package of 4 Half hour sessions = \$160**

**Package of 8 Half hour sessions = \$299**

# 50+ Fitness Center

## Group Exercise Quarterly Pass Class Schedule

Day/Time	9 am - 9:45 am	10 am - 10:45 am	11 am - 11:45 am		5:30 - 6:15 pm	6:30 - 7:15 pm
Monday	Floor, Core & More	Zumba Gold Toning	Power	Reserved for Non-Pass Programs	Zumba Gold	Gentle Yoga
Tuesday	Active Yoga	Zumba Gold	Gentle Yoga		Kickboxing	Power
Wednesday	Power	Zumba Gold Toning	Power		La Blast Silk	Gentle Yoga
Thursday	Active Yoga	Zumba Gold	Gentle Yoga		Zumba Gold	Power
Friday	Floor, Core & More	Kickboxing	Power		<i>Saturday classes are available to Quarterly Passholders only. All other classes are available to members at the drop-in rate.</i>	
Saturday	Passholders Only Zumba Gold	Passholders Only Gentle Yoga	- - - -			

### Group Exercise Quarterly Passes

**\$125 for 3 Month Unlimited Class Pass OR \$5/class Drop-In Fee**

This package allows you to participate in any or all of the 25 classes on the weekly Pass Class schedule listed above. Instructors show high and low options and teach to mid-level intensity. On-line registration NOT available for the Quarterly Pass. Please sign up at the Center. **Participants should be able to get up and down off the floor and walk without assistance to derive maximum benefit from these classes.**

### Group Exercise Class Descriptions

**Active Yoga** - This yoga class will keep you moving. Flow continuously through sequences of traditional Sun Salutations and standing postures, linking breath with movement and work to build strength and endurance as you improve balance and flexibility. Class is done predominantly on the floor. Mat required.

**Floor, Core & More** - This class targets the most challenging areas of the body: thighs, abs and backside. Help tighten, tone and strengthen those core areas. Class is predominantly done on the floor. Mat required.

**Gentle Yoga** - Build strength through gentle yoga stretches and strengthening exercises. Yoga also helps build bone density and range of motion. Class is done predominantly on the floor. Mat required.

**Kickboxing** - Start kickin' it with this intro cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout will increase strength and cardiovascular fitness. Class done at low-impact level.

**La Blast Silk** - Designed for everyone that loves to dance, but doesn't like to jump. Accessible for all levels, from the absolute beginner to the experienced dancer. Enjoy a mix of ballroom dances set to great music. Perfect for those who want to tone their body, maintain a healthy lifestyle, learn to dance or have fun.

**Power** - A great class to help retain or regain muscle tone. This strength training class includes a cardio warm up, along with use of hand held weights, to help improve body composition and increase lean muscle mass.

**Zumba Gold®** - Turns exciting Latin and international rhythms into a fun, safe and effective format for the active older adult. It's an easy to follow program that lets you move to the beat at your own speed.

**Zumba Gold Toning** - This high energy class combines targeted body sculpting exercises and cardio work with Latin infused Zumba moves. Students use lightweight, maraca-like toning sticks to enhance rhythm and tone their bodies.

# Monthly Schedule

## Ellicott City 50+ Center Events & Class Start Dates at a Glance

### July

<b>July 3</b>	Blue Plate Special July 4th cook-out food, Noon \$
<b>July 3</b>	All-American Trivia Contest, 12:30 pm
<b>July 3</b>	Grief Connection, 1:30 pm
<b>July 4</b>	Center Closed (Independence Day)
<b>July 8-12</b>	Summer Pay-by-Session Exercise and Dance classes opens in-person and on-line, 8:30 am
<b>July 8</b>	Brain Busters, 10:30 am
<b>July 8</b>	Healthy, Happy Hands, 11 am \$ Advanced sign-up required
<b>July 8</b>	Center Council meeting, 1 pm
<b>July 9</b>	Hearing Screening, 9 am Advanced sign-up required
<b>July 9</b>	Tasty Tidbits, 10 am
<b>July 10</b>	Genealogy, 10 am
<b>July 10</b>	Fresh Conversations, 10 am
<b>July 11</b>	Mah Jongg class begins, 10:30 am \$
<b>July 11</b>	Ho Co Police, 11:30 am
<b>July 11</b>	Baltimore Museum of Industry, 1 pm
<b>July 15</b>	Brain Builders, 10:30 am
<b>July 16</b>	Home Improvement Tips, 11 am
<b>July 17</b>	Dinosaurs 101, 1 pm
<b>July 18</b>	Target you Real Estate Needs, 1 pm
<b>July 18</b>	Beginner Watercolor begins \$
<b>July 19</b>	Travel Talks, 1 pm
<b>July 19</b>	Card Crafting class, 1:30 pm \$
<b>July 22</b>	Boggle, 10:30 am
<b>July 22</b>	Ask the Pharmacist, 11 am
<b>July 22</b>	Healthy, Happy Hands, 11 am
<b>July 22</b>	Kangaroo Kids, 12:30 pm
<b>July 23</b>	Recycle Program, 11 am
<b>July 24</b>	Book Club, 1 pm
<b>July 25</b>	Carroll County Cloggers, 12:30 pm
<b>July 26</b>	Bingo, 10:30 am
<b>July 26</b>	Pizza Day, Noon \$
<b>July 29</b>	Bunco Party, 10:30 am
<b>July 29</b>	Monthly Movie, 1 pm
<b>July 31</b>	History of Jewelry, 11 am

### August

<b>Aug 1</b>	Grief Connection, 1:30 pm
<b>Aug 2</b>	Intermediate & Advanced Watercolor begins \$
<b>Aug 8</b>	Performance PT, 11 am
<b>Aug 8</b>	Target Your Real Estate Needs, 1 pm
<b>Aug 9</b>	Wii Tournament Practice, 10:30 am
<b>Aug 12</b>	Brain Busters, 10:30 am
<b>Aug 12</b>	Healthy, Happy Hands, 11 am \$
<b>Aug 12</b>	Center Council meeting, 1 pm
<b>Aug 13</b>	Tasty Tidbits, 10 am
<b>Aug 13</b>	Home Improvement Tips, 11 am
<b>Aug 14</b>	Genealogy, 10 am
<b>Aug 14</b>	History of Jewelry, 11 am
<b>Aug 14</b>	Mission: Nutrition!, 12:15 pm
<b>Aug 14</b>	Nutrition Consultation, 1:15 pm Advanced sign-up required
<b>Aug 15</b>	Ho Co Police, 11:30 am
<b>Aug 15</b>	Baltimore Swing Band, 12:30 pm
<b>Aug 16</b>	Wii Bowling Tournament, 10:30 am Advanced sign-up required
<b>Aug 19</b>	Brain Builders, 10:30 am
<b>Aug 19-20</b>	White Elephant Sale donation drop off, 9 am
<b>Aug 20</b>	Intermediate Bridge class starts 1 pm \$
<b>Aug 20-22</b>	White Elephant Sale, 9 am-3 pm
<b>Aug 21</b>	Dinosaurs 101, 1 pm
<b>Aug 22</b>	Blue Pate Special, Luau, 12 noon \$
<b>Aug 22</b>	Square Dance Demo, 12:30 pm
<b>Aug 23</b>	White Elephant Sale, 9 am-12 noon
<b>Aug 26</b>	Boggle, 10:30 am
<b>Aug 26</b>	Ask the Pharmacist, 11 am
<b>Aug 26</b>	Healthy, Happy Hands, 11 am \$ Advanced sign-up required
<b>Aug 26</b>	Monthly Movie, 1 pm
<b>Aug 27</b>	Fitness: There's an APP for That, 11 am
<b>Aug 28</b>	Book Club, 1 pm
<b>Aug 29</b>	Moment to Honor, 10:30 am
	Call <b>410-313-7353</b> to pre-register
<b>Aug 30</b>	Bingo, 10:30 am \$
<b>Aug 30</b>	Pizza Day, Noon \$
<b>Aug 30</b>	Travel Talks, 1 pm



**KEY: \$ = Advanced Sign-up and Payment required**

# Monthly Schedule

## Ellicott City 50+ Center Events & Class Start Dates at a Glance

### September

<b>Sept 2</b>	Center Closed (Labor Day)
<b>Sept 3</b>	Square Dance class begins, 3 pm \$
<b>Sept 5</b>	Beginner Bridge class begins, 1 pm \$
<b>Sept 5</b>	Grief Connection, 1:30 pm
<b>Sept 9</b>	Brain Busters, 10:30 am
<b>Sept 9</b>	Healthy, Happy Hands, 11 am \$
	Advanced sign-up required
<b>Sept 9</b>	Center Council meeting, 1 pm
<b>Sept 10</b>	Tasty Tidbits, 10 am
<b>Sept 10</b>	Performance PT, 11 am
<b>Sept 11</b>	Fresh Conversations, 10 am
<b>Sept 11</b>	Genealogy, 10 am
<b>Sept 11</b>	Dinosaurs 101, 1 pm
<b>Sept 12</b>	Real Estate Tips, 1 pm
<b>Sept 12</b>	Baltimore Museum of Industry, 1 pm
<b>Sept 13</b>	Crab Feast, 12 noon \$
<b>Sept 16</b>	Brain Builders, 10:30 am
<b>Sept 17</b>	Brain Training class begins, 10 am \$
<b>Sept 17</b>	Home Improvement Tips, 11 am
<b>Sept 17</b>	HCC class begins (see page 12) \$
<b>Sept 18</b>	Intermediate & Advanced Watercolor begins, 10 am \$
<b>Sept 18</b>	Mission: Nutrition!, 12:15 pm
<b>Sept 18</b>	Nutrition Consultation, 1:15 pm
	Advanced sign-up required
<b>Sept 18</b>	Center CLOSES at 2 pm (Department Meeting)
	Fitness Center RE-OPENS at 4:30 pm
<b>Sept 19</b>	HCC classes begins (see page 12) \$
<b>Sept 19</b>	Ho Co Police, 11:30 am
<b>Sept 20</b>	Intermediate & Advanced Watercolor begins, 10 am \$
<b>Sept 20</b>	Travel Talks, 1 pm
<b>Sept 20</b>	Card Crafting class, 1:30 pm \$
<b>Sept 23</b>	Boggle, 10:30 am
<b>Sept 23</b>	Ask the Pharmacist, 11 am
<b>Sept 23</b>	Healthy, Happy Hands, 11 am \$
<b>Sept 23</b>	Blue Plate Special, Fall Chicken Plate 12 noon \$
<b>Sept 23</b>	Tim Amann performs, 12:30 pm
<b>Sept 24</b>	Picture This, 11 am
	Advanced sign-up required

**KEY: \$ = Advanced Sign-up and Payment required**

### September

<b>Sept 24</b>	Getting the Most Out of Your Membership, 12:30 pm
<b>Sept 25</b>	Book Club, 1 pm
<b>Sept 25</b>	Russian Art History, 1 pm
<b>Sept 25</b>	HCC class begins (see page 12) \$
<b>Sept 26</b>	History of Jewelry, 11 am
<b>Sept 27</b>	Bingo, 10:30 am
<b>Sept 27</b>	Pizza Day, 12 pm \$
<b>Sept 28</b>	Monthly Movie, 1 pm

### Howard County 50+ Centers

Get the most out of your 50+ Center membership by exploring programs at other Centers located throughout Howard County. Each Center has a variety of different programs and classes available to members. To get an idea of what each offers, please feel free to view each Center's newsletters on line at: [www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters)

#### **Bain 50+ Center**

5470 Ruth Keeton Way  
Columbia MD 21044  
410-313-7213

#### **East Columbia 50+ Center**

6600 Cradlerock Way  
Columbia MD 21045  
410-313-7680

#### **Elkridge 50+ Center**

6540 Washington Road  
Elkridge MD 21075  
410-313-5192

#### **Glenwood 50+ Center**

2400 Route 97  
Cooksville MD 21723  
410-313-5440

#### **Longwood 50+ Center**

6150 Foreland Garth  
Columbia MD 21045  
410-313-7217

#### **North Laurel 50+ Center**

9411 Whiskey Bottom Road  
Laurel MD 20723  
410-313-0380

Clip and Save for Reference



# Daily Schedule

Monday			Wednesday (continued)		
TIME	PROGRAM	BLDG	TIME	PROGRAM	BLDG
8:30-12noon	Billiards (Mon thru Fri)	MB	1-3pm	Needlework Club	MB
8:30-8pm	Fitness Equipment \$	FC	1-4pm	Table Tennis	FC
9 & 10 & 11am	Exercise Pass Classes \$	FC	1-4pm	Painting Together	MB
10-10:45am	Chair Yoga \$	MB	2-2:45pm	Balance 4 All \$	MB
10am-12noon	Painting Together	MB	3-3:45pm	Active Adult \$	MB
10:30-11:30am	B Games (see dates)	MB	5:30 & 6:30pm	Exercise Pass Classes \$	FC
12-12:45pm	Seated Strength \$	MB	Thursday		
12:30-3:30pm	Open Bridge	MB	8:30am-8pm	Fitness Equipment \$	FC
12:30-4pm	Pinochle (Mon thru Fri)	MB	9 & 10 & 11am	Exercise Pass Classes \$	FC
1-4pm	Table Tennis	FC	9-9:45am	Agewell Seat Aerobics \$	MB
1-1:45pm	Line Dancing \$	MB	9am-12noon	Painting Together	MB
2-2:45pm	Balance 4 All \$	MB	10-10:45am	Better Balance \$	MB
3-3:45pm	Active Adult \$	MB	10am-12noon	Chess Club	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC	10am-12noon	Men's Forum	MB
Tuesday			12-12:45pm	Foundations of Exercise \$	MB
8:30-8pm	Fitness Equipment \$	FC	1:30-2:30pm	Grief Connection (monthly)	MB
9 & 10 & 11am	Exercise Pass Classes \$	FC	1-3pm	Personalized Easy Tech	MD
9am-12noon	Mah Jongg	MB	1-4pm	Medicare Counseling	MB
9am-12noon	Blood Pressure	MB	1-4pm	Drop-In Games	MB
9-9:45am	Agewell Seat Aerobics \$	MB	1-1:45pm	Agewell Aerobics \$	FC
10-10:45am	Better Balance \$	MB	1-1:45pm	Flex, Stretch, Move \$	MB
10am-12noon	Chess Club	MB	2-2:45pm	Agewell Aerobics \$	FC
11am-1pm	Picture This (monthly)	MB	2-2:45pm	Barre & Balance \$	MB
12noon-4pm	Painting Together	MB	5:30 & 6:30pm	Exercise Pass Classes \$	FC
12-12:45pm	Foundations of Exercise\$	MB	Friday		
1-4pm	Drop-In Games	MB	8:30am-4pm	Fitness Equipment \$	FC
1-1:45pm	Agewell Aerobics \$	FC	9 & 10 & 11am	Exercise Pass Classes \$	FC
1-1:45pm	Flex, Stretch, Move \$	MB	9-9:45am	Qi Gong 2 \$	MB
2-2:45pm	Agewell Aerobics \$	FC	10-10:45am	Qi Gong 1 \$	MB
2-2:45pm	Barre & Balance \$	MB	11-11:45am	Functional Fitness \$	MB
3-3:45pm	Square Dance Class \$	MB	12-12:45am	Exercising with Arthritis \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC	12:30-3:30pm	Open Bridge	MB
Wednesday			1-4pm	Table Tennis	FC
8:30-8pm	Fitness Equipment \$	FC	Saturday		
9 & 10 & 11am	Exercise Pass Classes \$	FC	8:30am-12pm	Fitness Equipment \$	FC
9am-12noon	Kings & Queens Bridge	MB	9 & 10am	Exercise Passholders ONLY Classes \$	FC
9am-12noon	Medicare Counseling	MB	<b>Building Key</b>		
10-10:45am	Chair Yoga \$	MB	<b>MB= Main Building</b>		
12-12:45pm	Seated Strength \$	MB	<b>FC=50+Fitness Center</b>		
1-1:45pm	T'ai Chi Chih \$	MB			
1-2pm	Book Club (monthly)	MB			

# Noteworthy News

## White Elephant Sale

Held in the 50+ Fitness Center

**Donation Drop Off: August 19 from 9 am-3 pm**

**and August 20 from 9 am-12 pm**

**Sale: August 20-22 from 9 am-3 pm**

**August 23 from 9 am-12 noon**

Who doesn't love finding a one of a kind item or a great bargain?



The deal is even sweeter when you can do all that right here at the Center.

The Ellicott City 50+ Center Council is sponsoring a White Elephant Sale at the end of August. Donations of clean, unused or gently used items will be accepted Monday and Tuesday, August 19 and 20. Welcomed items include knick-knacks, household items, small appliances, but please, no books, clothing or electronics. Your donation to this fundraiser is greatly appreciated.

Everyone is invited and encouraged to come and shop during the sale. Bring a friend and find a hidden treasure! All proceeds from Council events benefit programming at the Center.

## Craft vendors-Book now for the 7th Annual Holiday Craft Boutique

**Friday, November 15  
9 am to 4 pm**

Don't miss out! Crafters are asked to contact Vicki at **410-313-1421** to secure a table for the Holiday boutique.



## ECity 50+ CRAB Feast

**Friday, September 13**

**12 noon**

**Cost: \$25** for 6 crabs and picnic fare

**Cost: \$12.50** for picnic fare only, **NO** crabs

There's no better way to end summer than with a delicious crab feast! Join us for crabs and picnic food which includes 6 crabs, crab soup, a piece of chicken, potato salad, corn on the cob, watermelon and dessert! **Sign up at the Front Desk with payment by September 3.** Time to get crabby!



## Looking Ahead...

**Ellicott City 50+ Center Council sponsors:**

## Marathon Bingo

**Friday, October 4**

**1-4 pm**

**\$20 for 2 Bingo cards**

Support your Center Council by enjoying an entire afternoon of your favorite game of chance! In addition to Bingo, Center Council members will be selling 50/50 raffle tickets every hour with a new winner pulled at the top of each hour. Mark your calendar and wear your lucky Bingo shirt! Light refreshments served.



## Upcoming Adjusted Center Hours

Thursday, July 4

Monday, September 2

Monday, September 18

Both Buildings **CLOSED** (Independence Day)




Both Buildings **CLOSED** (Labor Day)

Both Buildings **CLOSED at 2 pm** (Department Meeting)  
50+ Fitness Center will **RE-OPEN at 4:30 pm**

# Ellicott City 50+



# July 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Herbed Roast Beef With Horseradish Sauce Roasted Red Potatoes Green Bean Medley Dinner Roll Tropical Fruit	<b>2</b> Tuna Salad on Sandwich Bun Lettuce & Tomato Potato Salad 3-Bean Salad Mandarin Oranges Apple Juice	<b>3</b> <b>BLUE PLATE SPECIAL</b> Cheeseburger on Roll Lettuce, Tomato & Onion Baked Beans Pepper Slaw Watermelon Pie Slice	<b>4</b> <b>CENTER CLOSED</b> 	<b>5</b> <b>BOX LUNCH</b> Corned Beef & Swiss on Rye Bread Lettuce & Tomato Salad du Jour Selected Fruit Cranberry Juice
<b>8</b> Chicken Parmesan over Pasta Marinara Green Beans White Wheat Bread Fresh Fruit Yogurt Orange Juice	<b>9</b> Homestyle Meatloaf Mashed Potatoes Glazed Carrots White Wheat Bread Grape Juice	<b>10</b> Cream of Broccoli Soup Grilled Chicken & Pasta Salad on Baby Spinach Corn Muffin Chilled Pears	<b>11</b> Maple Glazed Ham Macaroni & Cheese Seasoned Greens Chickpea Salad White Wheat Bread Apple Snack Pack 100% Fruit Juice Chocolate Milk	<b>12</b> Pot Roast with Stew Cut Vegetables Garlic Mashed Potatoes White Wheat Bread Mandarin Oranges Apple Juice
<b>15</b> BBQ Chicken on Kaiser Roll Housemade Slaw Fiesta Black Beans Hot Apple Slices Cranberry Juice	<b>16</b> Swedish Meatballs Brown Rice Pilaf Glazed Carrots Green Bean Salad White Wheat Bread Yogurt Orange Juice	<b>17</b> Breaded Fish Sandwich on Bun Lettuce & Tomato Mixed Veggies Fruit Cocktail Orange Juice	<b>18</b> All-beef Hot Dog on Hot Dog Bun Coleslaw Baked Beans Diced Pears	<b>19</b> Poppy Seed Chicken Yellow Rice Pilaf Cuke & Onion Salad White Wheat Bread Diced Pineapple Tomato Juice
<b>22</b> Dijon Pork Loin Au Gratin Potatoes Tomato Basil Salad Dilled Baby Carrots White Wheat Roll Apple Snack Pack	<b>23</b> Tarragon Chicken Wild Rice Blend Green Bean Blend White Wheat Bread Cinnamon Applesauce Orange Juice	<b>24</b> Tomato Multi-bean Soup Tuna Sandwich on Rye Lettuce & Tomato Orange Carrot Salad Tropical Fruit Apple Juice Chocolate Milk	<b>25</b> Beef & Macaroni Casserole Peas & Pearl Onions White Wheat Bread Mandarin Oranges 100% Fruit Juice	<b>26</b> <b>PIZZA DAY</b>  Sign Up at Front Desk Suggested Donation \$5.95—Due at Sign up
<b>29</b> Open-faced Turkey Sandwich on White Wheat Bread Mashed Potatoes Harvard Beets Chilled Carrot Salad Fresh Fruit Cup Chocolate Milk	<b>30</b> Beef Stroganoff Mushroom Barley Pilaf Mixed Veggies White Wheat Bread Tropical Fruit Apple Juice	<b>31</b> <b>SUPER SPECIAL</b> Chicken Cordon Bleu Yellow Rice Pilaf Buttered Broccoli White Wheat Roll Blueberry Crisp Orange Pineapple Juice	<b>GOOD NEWS!</b> Chocolate Milk will be served 3 times this month! 	<b>MILK SERVED AT  EVERY MEAL  UNLESS YOGURT  IS OFFERED</b>



## 4 Simple Steps for Safe Summertime Grilling

There's nothing like the smell and flavor of backyard summertime grilling. But grilling food poses some health risks. Here are a few simple ways that you can make grilling healthier- and safer- for you and your loved ones:

**#1: Don't overcook your food:** The American Institute for Cancer Research (AICR) has issued a safety warning about the risks of overcooking your meat on the grill. Research has found a link between grilled food and some types of cancer. Cooking meat at higher temperatures causes the formation of heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), which are known carcinogens. HCAs are formed when the substances in meat (amino acids, creatine, and sugars) are exposed to high temperatures. HCAs can harm our DNA and promote cancer development, particularly cancer of the stomach and colon. PAHs are formed when the fat and juice from cooking meat drips into the grill fire, creating flames. Grill flames contain PAHs, which then stick to the cooking meat when flames rise.

Trim fat from meats before grilling or choose leaner cuts of meat with less visible fat. When excess fat drips during the grilling process, flames increase and create smoke, leading to the formation of harmful HCAs. Flipping meat often while cooking on the grill can reduce HCA formation significantly. Grilling meats at a lower heat can prevent flame formation on your grill, reducing the risk of carcinogen formation. If you do see charred areas on your meat after cooking, trim them away before eating to reduce your risk of ingesting HCAs and PAHs. Since these carcinogenic substances only form when animal muscle proteins are cooked, grilled fruits, vegetables, and veggie burgers pose a much lower risk for carcinogen formation. An added bonus of cooking more vegetables and fruits on the grill is that increased consumption of produce is linked to a lower risk of cancer.

**#2: Decrease cooking time on the grill:** The longer your meat is exposed to smoke and fire on the grill, the higher the risk of harmful carcinogen formation. To decrease the time that your meat is exposed to smoke and flames on the grill, consider cutting your meat into smaller pieces so it cooks faster, such as cubed chicken for grilled kebabs. You can even decrease your cooking time by microwaving your meat for a short period of time prior to grilling it. If you choose this method, make sure you grill your food immediately after the microwaving process to decrease the risk of foodborne illness caused by bacteria that can form in undercooked meats.

**#3: Marinate meat prior to grilling:** Research shows that marinating your food prior to grilling can decrease HCA and PAH formation by up to 96%. Marinating meat for at least 30 minutes before grilling may act as a barrier between your food and harmful carcinogens. Remember to discard any unused marinade immediately to avoid consuming harmful bacteria from raw meat, poultry, or fish.

**#4: Clean your grill often:** Cleaning your grill frequently after use helps to remove the charred residue that can cause cancer. To make grill cleaning easier, oil the grill rack prior to grilling. This can decrease the amount of grill residue that forms on the rack. Another great way to keep your grill clean and reduce your exposure to carcinogens is to place aluminum foil on the grill rack and grill your meat directly on the foil. This will limit flame production on the grill since the fat and juice from cooking meats won't drip directly into the grill flames.